

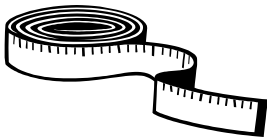
# R2J: Are You Ready for a New You?

## Point Tracker

**Step 1:** Weigh-in and measure waste circumference at the beginning of each month. Record on tracking sheet.

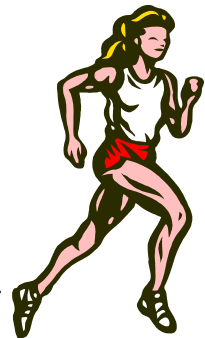


**Step 2:** Place a "X" on the calendar each day you are physically active and a "✓" on the calendar each day you take 10,000 steps or more.



**Step 3:** Weigh-out and measure waist circumference at the end of each month. Record on tracking sheet.

**Step 4:** Congratulations!!! Award yourself 2 points for each pound lost, 1 point for each fourth-inch lost, 1 point for every day of physical activity participation, and 1 point for each day you take 10,000 steps or more. Finally, award yourself bonus points for participating in health fairs, health screening, 5 or 10K run/walks, triathlons, and for making it to the top of Longs Peak (point breakdown for bonus points is listed on the tracking sheet).



**Step 5:** Have fun and remember that you are taking

## September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 First Day!	31	1	2	3	4
5	6 No School	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Weigh-In\_\_\_\_\_

Weigh-Out\_\_\_\_\_

Pounds Lost\_\_\_\_\_

Inches-In\_\_\_\_\_


Inches-Out\_\_\_\_\_

Inches Lost\_\_\_\_\_

Days of Physical Activity\_\_\_\_\_

Days of  $\geq$  10,000 steps\_\_\_\_\_

## October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 No School	26	27	28	29	30
31						

Weigh-In\_\_\_\_\_

Weigh-Out\_\_\_\_\_

Pounds Lost\_\_\_\_\_

Inches-In\_\_\_\_\_

Inches-Out\_\_\_\_\_

Inches Lost\_\_\_\_\_

Days of Physical Activity\_\_\_\_\_

Days of  $\geq$  10,000 steps\_\_\_\_\_

## November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 No School	5 No School	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 No School	25 Thanksgiving Day	26 No School	27
28	29	30				



Weigh-In\_\_\_\_\_

Weigh-Out\_\_\_\_\_

**Pounds Lost**\_\_\_\_\_

Inches-In\_\_\_\_\_

Inches-Out\_\_\_\_\_

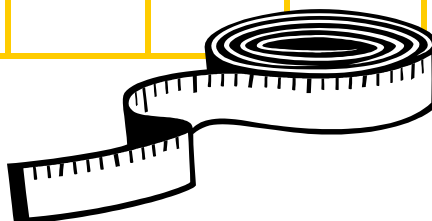
**Inches Lost**\_\_\_\_\_

**Days of Physical Activity**\_\_\_\_\_

**Days of  $\geq 10,000$  steps**\_\_\_\_\_

## December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 Last Day!	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Weigh-In\_\_\_\_\_

Weigh-Out\_\_\_\_\_

**Pounds Lost**\_\_\_\_\_

Inches-In\_\_\_\_\_

Inches-Out\_\_\_\_\_

**Inches Lost**\_\_\_\_\_

**Days of Physical Activity**\_\_\_\_\_

**Days of  $\geq 10,000$  steps**\_\_\_\_\_

**Congratulations, it's time to add up your points!!!**



### Weight Loss, Inches Lost, Activity & Step Points

Total Weight Loss: \_\_\_\_\_ lbs x 2 points = \_\_\_\_\_

Total Inches Lost: \_\_\_\_\_ inches x 4 points = \_\_\_\_\_

Total Days of Physical Activity Participation: \_\_\_\_\_ days x 1 point = \_\_\_\_\_

Total Days of  $\geq 10,000$  steps: \_\_\_\_\_ days x 1 point = \_\_\_\_\_

### Bonus Points

Award yourself:

- 3 points for attending a health fair
- 2 points for each health screening (ie. lipid panel, blood pressure check, annual physical, mammogram, or bone density test)
- 5 points for participating in a 5k run or walk
- 10 points for participating in a 10k run or walk
- 15 points for participating in a triathlon
- 10 points if you made it to the top on Longs Peak

Total Bonus Points = \_\_\_\_\_

★  
★ **Total Points Earned = \_\_\_\_\_** ★  
★ ★

## January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 First Day!	4	5	6	7	8
9	10	11	12	13	14	15
16	17 No School	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Weigh-In\_\_\_\_\_

Weigh-Out\_\_\_\_\_

**Pounds Lost**\_\_\_\_\_

Inches-In\_\_\_\_\_

Inches-Out\_\_\_\_\_

**Inches Lost**\_\_\_\_\_

**Days of Physical Activity**\_\_\_\_\_

**Days of  $\geq 10,000$  steps**\_\_\_\_\_

## February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 No School	22	23	24	25	26
27	28					



Weigh-In\_\_\_\_\_

Weigh-Out\_\_\_\_\_

**Pounds Lost**\_\_\_\_\_

Inches-In\_\_\_\_\_

Inches-Out\_\_\_\_\_

**Inches Lost**\_\_\_\_\_

**Days of Physical Activity**\_\_\_\_\_

**Days of  $\geq 10,000$  steps**\_\_\_\_\_

## March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18 No School	19
20	21 No School	22 No School	23 No School	24 No School	25 No School	26
27	28	29	30	31		



Weigh-In\_\_\_\_\_

Weigh-Out\_\_\_\_\_

**Pounds Lost**\_\_\_\_\_

Inches-In\_\_\_\_\_

Inches-Out\_\_\_\_\_

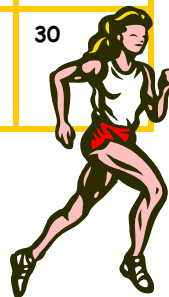
**Inches Lost**\_\_\_\_\_

**Days of Physical Activity**\_\_\_\_\_

**Days of  $\geq$  10,000 steps**\_\_\_\_\_

## April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 No School	15 No School	16
17	18	19	20	21	22 Last Day!	23
24	25	26	27	28	29	30



Weigh-In\_\_\_\_\_

Weigh-Out\_\_\_\_\_

**Pounds Lost**\_\_\_\_\_

Inches-In\_\_\_\_\_

Inches-Out\_\_\_\_\_

**Inches Lost**\_\_\_\_\_

**Days of Physical Activity**\_\_\_\_\_

**Days of  $\geq$  10,000 steps**\_\_\_\_\_

**Congratulations, it's time to add up your points!!!**



### Weight Loss, Inches Lost, Activity & Step Points

Total Weight Loss: \_\_\_\_\_ lbs x 2 points = \_\_\_\_\_

Total Inches Lost: \_\_\_\_\_ inches x 4 points = \_\_\_\_\_

Total Days of Physical Activity Participation: \_\_\_\_\_ days x 1 point = \_\_\_\_\_

Total Days of  $\geq 10,000$  steps: \_\_\_\_\_ days x 1 point = \_\_\_\_\_

### Bonus Points

Award yourself:

- 3 points for attending a health fair
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- 5 points for participating in a 5k run or walk
- 10 points for participating in a 10k run or walk
- 15 points for participating in a triathlon
- 10 points if you made it to the bottom on Longs Peak

Total Bonus Points = \_\_\_\_\_

★  
★ **Total Points Earned = \_\_\_\_\_** ★  
★ ★